



Fruit & Yogurt Smoothie



Ingredients:

- 1 ½ cups frozen fruit (i.e., strawberries, blueberries, mango, peaches, or pineapples)
- ½ cup almond milk or 100% fruit juice
- ¾ cup of nonfat plain yogurt

Nutrition Facts:

- 279 calories
- 12 g protein
- 2 g total Fat
- 56 g carbs

Preparation:

- Combine all ingredients in blender and blend with ice (optional).

WARNING: FOOD ALLERGY ALERT: Smoothies are served fresh but **may contain or come in contact with allergens, including eggs, fish, milk, peanuts, shellfish, soy, tree nuts, wheat.** While we take precautions when preparing smoothies that contain allergens we cannot guarantee that other items are free from allergens. Please consult with your physician about any food allergies, food sensitivities or dietary restrictions. If you have a food allergy, are uncertain of any food allergies, and/or have special dietary needs **we strongly suggest that you do not consume any foods or smoothies provided at our event(s).** We do not assume any responsibility for a person's sensitivity or allergy to any food item provided at our event.